

FISH – 2009 WV Statewide Consumption Advisories

Water Body	Species	Limit your fish meals to:	Contaminants
All Waters in West Virginia <i>except where listed in the Specific Consumption Advisories on page 21.</i>	Hybrid Striped Bass	1 meal a month	Mercury PCBs
	White Bass		
	Black Bass <i>(largemouth, smallmouth, spotted)</i>	2 meals a month	
	Channel Catfish greater than 17"		
	Flathead Catfish		
	Rock Bass		
	Walleye and Saugeye		
	Sauger		
	All Suckers		
	Channel Catfish less than 17"	1 meal a week	
	All Other Species		
	Rainbow Trout	No Limit	

HOW TO USE THIS ADVISORY

Follow the advice presented in this brochure, noting the differences between the General Advisories for all West Virginia waters on this page and the Specific Advisories on page 21. Find the meal advice for the fish you've caught. "Do Not Eat" means no one should eat those fish because of very high contamination. The other groups ("One Meal a Week", "Two Meals a Month", "One Meal a Month", and "Six Meals a Year") are advice for how often to eat a fish meal. The size of the fish meal depends on your body weight. To adjust serving sizes, follow the advice in the meal size table.

Women of childbearing age, children and people who regularly eat fish are particularly susceptible to contaminants that build up over time. If you fall into one of these categories, you should be especially careful to follow the meal sizes and space fish meals out according to the advisory tables.

Your body can get rid of some contaminants over time. Spacing the meals out helps prevent the contaminants from building up to harmful levels in the body. For example, if the fish you eat is in the "One Meal a Month Group", wait a month before eating another meal of fish from any restricted category. Occasionally eating fish in quantities slightly greater than the advisories recommend, such as during an annual fishing vacation, should not present a health hazard.

Meal Sizes

A person weighing between	should eat no more than this amount per meal
pounds	ounces of precooked fish
20 or less	1.0
21-35	1.5
36-50	2.0
51-70	3.0
71-90	4.0
91-110	5.0
111-130	6.0
131-150	7.0
151 and over	8.0
Remember that 3.0 ounces of precooked fish is about the size of the palm of your hand or a deck of cards	
Remember that 1.5 ounces of precooked fish is about one-half the size of the palm of your hand or one-half the size of a deck of cards	

For Additional Information

The advisory listing was current at the time this summary went to press. Other fish consumption advisories may have been issued or lifted since that time. Notice of such actions is released to the public through press releases. For further information or the most current advice contact:

WVDHHR: (304) 558-2981 • www.wvdhhr.org/fish

WVDNR: (304) 558-2771 • www.wvdnr.gov

WVDEP: (304) 926-0495 • www.wvdep.org

USEPA: www.epa.gov/waterscience/fish

2009 WV Specific Consumption Advisories – FISH

Water Body	Species	Limit your fish meals to:	Contaminants*
Bluestone River	Carp	1 meal a month	PCBs
Fish Creek	Smallmouth Bass less than 12"	1 meal a month	Mercury
Flat Fork Creek	Carp	Do not eat	PCBs
	Channel Catfish, all sizes		
	Suckers		
Greenbrier River	Smallmouth Bass less than 12"	1 meal a month	Mercury
Kanawha River <i>downstream of I-64 bridge in Dunbar including all backwaters, Armour Creek, Heizer Creek, Manila Creek, lower two miles Pocatalico River</i>	Flathead Catfish, all sizes	Do not eat	Dioxin* Mercury PCBs
	Channel Catfish, all sizes		
	Carp		
	Hybrid Striped Bass		
	Suckers		
	All other species	1 meal a month	
Kanawha River <i>upstream of I-64 bridge in Dunbar</i>	Channel Catfish less than 17"	2 meals a month	Mercury PCBs*
Little Kanawha and Hughes River	Sauger	1 meal a month	Mercury
Middle Island Creek	Spotted Bass less than 12"	1 meal a month	Mercury* PCBs
Monongahela River	Channel Catfish all sizes	6 meals a year	PCBs
Mount Storm and Upper Mud lakes; Pinnacle Creek	Follow Advisory Guidelines for WV Statewide Consumption on page 20.		Selenium
Ohio River <i>entire length in WV</i>	Carp	Do not eat	Dioxin Mercury PCBs*
	Channel Catfish greater than 17"		
	Channel Catfish less than 17"	6 meals a year	
	Flathead Catfish, all sizes		
	Drum, Smallmouth Buffalo	1 meal a month	
Potomac River and the North Branch of Potomac River	All non-game fish	Do not eat	Dioxin
R. D. Bailey Lake	Channel Catfish greater than 17"	6 meals a year	PCBs
Shenandoah River	Carp	Do not eat	Mercury PCBs*
	Channel Catfish greater than 17"		
Sleepy Creek Lake	Yellow Bullhead	2 meals a month	Mercury
South Fork of South Branch of Potomac River	Smallmouth Bass less than 12"	1 meal a month	Mercury
	Sunfish	2 meals a month	
Summersville Lake	Flathead Catfish all sizes	1 meal a month	Mercury*
	Walleye all sizes	6 meals a year	Mercury*
Sutton Lake	Black Bass all sizes	1 meal a month	Mercury

* Contaminant: Meal Limits are determined by the chemical with the asterisk. Other listed chemicals would have an advisory at a less restrictive level.
PCBs: Polychlorinated Biphenyls